SUMMER PASTA USES LEMON JUICE AND FRESH HERBS
FOOD {page 15}

PARENTAL PROFANITY
AUTHOR EXPLAINS HIS CHILDREN'S BOOK FOR ADULTS {page 13}

PINNED DOWN
CLOONEY'S NEW FLAME IS AN EX-WRESTLER
{page 12}

OTTAWA metro®
Monday, August 8, 2011
www.metronews.ca
News worth sharing.

SYRIA APPEAL FOR FREEDOM
Support the Syrian Nation in their quest for freedom. Demand the Canadian government swiftly cut all ties with the dictatorship of Bashar Al-Assad and embrace free democracy in Syria.
Message brought to you by The Syrian Canadian Council

Police probe fatal fall

Cops expected to release information today after weekend investigation **Victims found Friday night**

STEVE COLLINS
OTTAWA@METRONEWS.CA

Ottawa police spent the weekend investigating the deaths of two people who fell from a high-rise apartment building in the city's west end.

Police said yesterday they were not ready to tell the public what led to the deaths, but investigators are expected make some information public today.

Ottawa paramedics responded to a call around 11 p.m. Friday from someone who had seen the victims falling from the apartment tower at 2045 Carling Ave., near Carlingwood Mall.

When they arrived, they found a man in his thirties and a 29-year-old woman at the base of the building. Neither displayed vital signs, paramedics said.

After attempts at resuscitation, the man was pronounced dead at the scene and the woman was transported in critical condition to the Civic Hospital, where she was also pronounced dead.

Peace. Monument

▶ Jeff Page, who served as a Canadian peacekeeper in Cyprus, watches the National Peacekeepers' Day Remembrance Ceremony at the Peacekeeping Monument in Ottawa yesterday.

PATRICK DOYLE/THE CANADIAN PRESS

Ceremony honours missions of peace

The more than 125,000 Canadian Peacekeepers who have served in conflict zones around the world and the 278 who died were honoured yesterday in Ottawa. The annual ceremony marks the largest loss of life in a Canadian peacekeeping mission. On Aug. 9, 1974 nine Canadian peacekeepers were killed while serving with the UN Emergency Force in Egypt and Israel.

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B-boy breaks it down for dance class

About 30 guys and a couple of girls spent yesterday afternoon honing their breakdancing moves at the Arts Court dance studio.

One helpful hint: "Bboy YNOT" a.k.a Anthony DeNaro told the class he finds his inspiration from the world around him. It could be the way someone walks or even a cartoon character.

The workshop was one of 12 events hosted by the 2011 House of PainT Urban Arts Festival, which ended Aug. 7. YNOT is an international dancer and member of Rock Steady Crew.

AMEN JAFRI

AMEN JAFRI/FOR METRO

▶ Eduardo Soto-Danseco practises his moves

Sailboat rescued from rapids

Water rescue teams rescued three people in a sailboat drifting toward a set of rapids on the Ottawa River on Saturday evening.

Rescuers told the people on board to drop anchor. Then firefighters helped restart the motor so the boat could return safely to shore. JOE LOFARO

JOE LOFARO/METRO

▶ Tropical Conservancy president P.T. Dang, third from left, poses with volunteers at the Ottawa Greenbelt Sand Dune Preservation Project yesterday.

Digging dune to save doodlebugs from ruin

- Sand dune near Pinehill Drive, Slack Road only 1 per cent of 1925 size
- Conservation group lead project to protect insects adapted to habitat

JOE LOFARO
@METRONEWS.CA

Few people know that Ottawa has a rare, desert-like ecosystem near Woodroffe Avenue — even though it's been there for nearly 10,000 years.

The Ottawa Greenbelt Sand Dune is home to many unique species but it's slowly disappearing because of encroaching vegetation, such as trees and small plants. A group of scientists and volunteers is trying to preserve it — that is, to open up the area and to keep it hot and dry — by removing the trees that were planted there.

One threatened species is the antlion, which survives by building traps in the sand to capture ants.

"The sand dune is the result of the last ice age," said Tropical Conservancy president P.T. Dang, who is leading a two-year preservation project. "If we remove this (sand dune) habitat, animals that live here are going to be lost forever," he said.

JOE LOFARO/METRO

▶ A threatened antlion

Grade 12 students from Merivale High School and other members of the community have been volunteering on weekends to uproot trees and other vegetation.

"It's difficult work but it's really satisfying because you can see the progress," said Anish Muradia, 16.

"It's a really unique feature of our area," added Rahul Chandan, 17.

Swimming her way to the top

Local swimmer Meagan Michie set a goal to match her best personal times when she competed at the Athens Special Olympics World Summer Games — and she ended up winning four gold medals.

She has Prader-Willi syndrome, which means she's constantly hungry. She focuses her energy by training constantly in the pool and the weight room with the GO Kingfish Swim Club. And it is clearly paying off.

Her efforts have earned her a sponsor and the Athens gold medal wins and now she's set her sights on qualifying for more high-profile international competitions, including the London Paralympic games.

JESSICA SMITH

JESSICA SMITH/METRO

▶ Megan Michie shows off her gold medals.

News in brief

Crash kills one

OTTAWA. Police are investigating a fatal collision involving two cars that sent three women to hospital and killed one woman Saturday at the intersection of Parkway Road and 8th Line Road. Paramedics responded at 12:09 p.m. A woman was declared dead after she was pulled from her vehicle. Another female in the same vehicle is in critical condition. Two women from the second car are in stable condition. JOE LOFARO

Thief at large

TENTH LINE. Police are investigating a robbery at the Petro Canada in the 1600 block of 10th Line Road after a man stole several cartons of cigarettes just before 1 a.m. yesterday. JOE LOFARO

1 news

The self-proclaimed 'Spam King' of Facebook faces serious jail time. Scan code for story.

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2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

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Refine your palate with a beginner's guide to beer tasting. Video at metronews.ca

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News in brief

Cardiologist punished for bad texts

A Vancouver cardiologist has been suspended for three months and fined $2,000 after admitting to sending inappropriate text messages to a patient last fall.

Dr. Alnoor Hassanali Karim Abdulla sent text messages following an appointment with a patient in October where the tone and content "could be reasonably perceived as demonstrating a personal interest beyond a professional relationship," the College of Physicians and Surgeons of British Columbia said in a statement.

His suspension began Aug. 2.

PHYLICIA TORREVILLAS

Warning issued for mussels

The Canadian Food Inspection Agency (CFIA) is warning the public not to consume certain mussels that may contain Diarrhetic Shellfish Poisoning (DSP) biotoxin.

The affected mussels were harvested in British Columbia by Island Sea Farms Inc. between July 19 and Aug. 2.

THE CANADIAN PRESS

Man survives fall at party

A 21-year-old man has survived a six-storey fall from an apartment building balcony in Burlington, Ont.

Police say the man and his girlfriend attended a party at the apartment.

Officers are investigating an allegation that the man assaulted the host of the party just before he fell.

THE CANADIAN PRESS

CIA kept eye on Canada

Declassified records show interest in economy, mining during Cold War

The CIA secretly painted Pierre Trudeau as a politician torn between being a leader of the Third World and a genuine player with global industrialized nations, declassified records show.

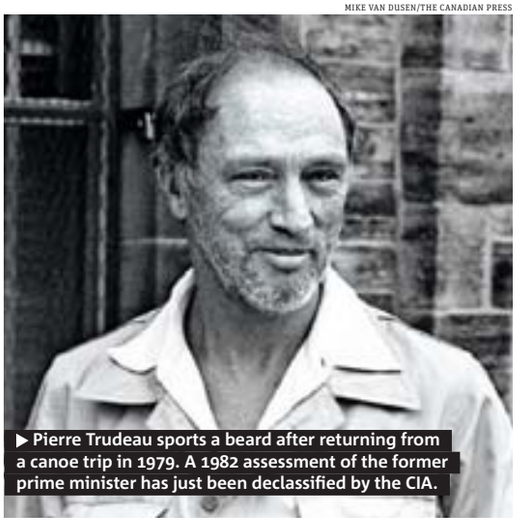
The January 1982 assessment of the Liberal prime minister's ambitions is among several detailed — and until now virtually unknown — analyses of the Canadian economy by the U.S. Central Intelligence Agency.

Through the U.S. Freedom of Information Act, The Canadian Press obtained more than a dozen CIA reports that explore various aspects of Canadian commerce, industry and technology during the Cold War era.

CIA analysts pored over almost every available map of Canada, scrutinized Canadian mineral production, pondered Japanese interest in Alberta's tarsands, catalogued shipping trends and kept an eye on Canadian dealings with the Communist world.

THE CANADIAN PRESS

MIKE VAN DUSEN/THE CANADIAN PRESS



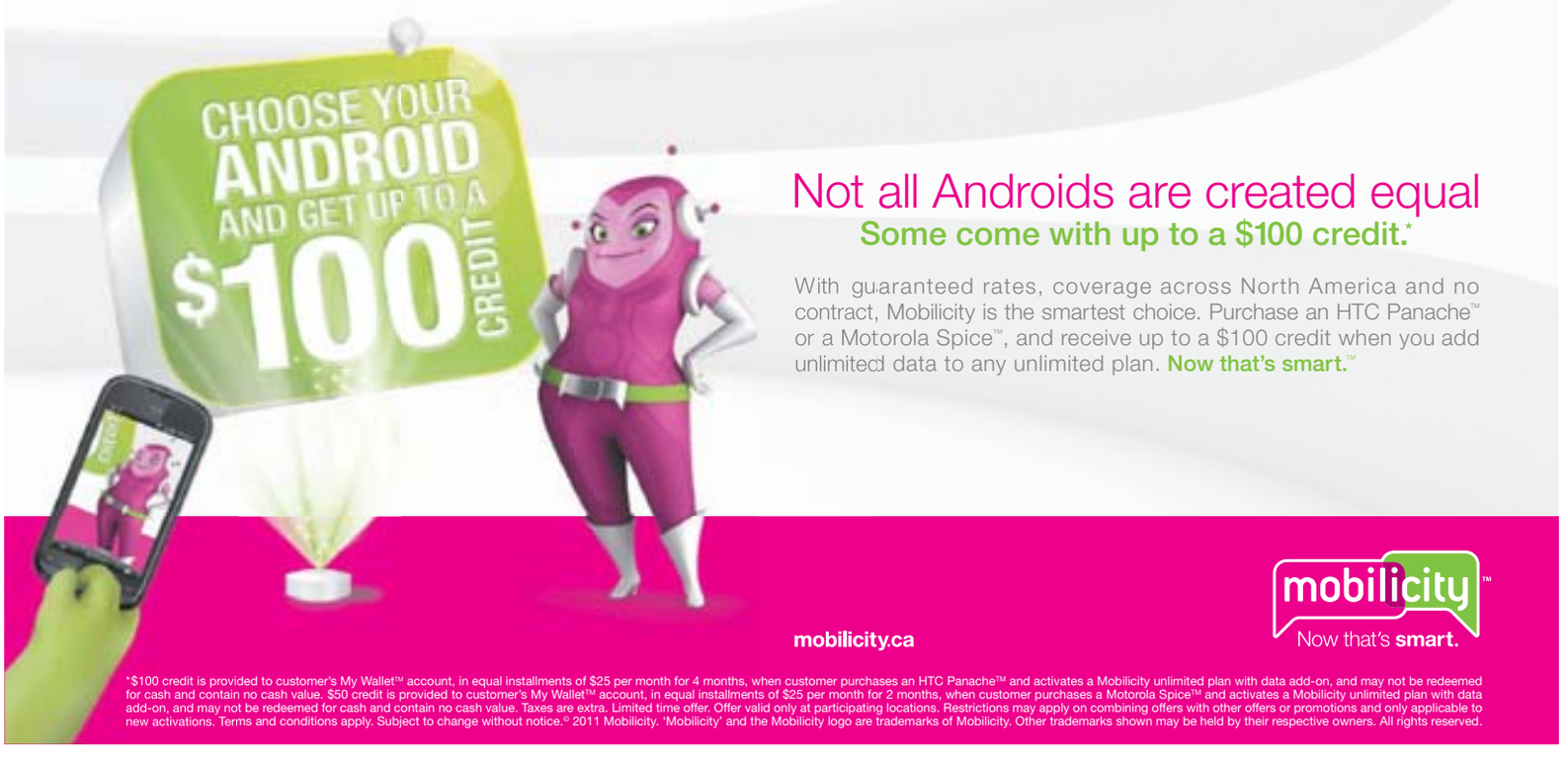
▶ Pierre Trudeau sports a beard after returning from a canoe trip in 1979. A 1982 assessment of the former prime minister has just been declassified by the CIA.

Memo forecasts tarsands pollution

Long before Canada's western tarsands became familiar to the world, the CIA recognized the "enormous amounts of oil" along the Athabasca River, probing possible Japanese interest in the deposits in a 1972 memorandum.

A 1974 memo forecasts environmental concerns: "The pollution issue and opposition to defacing Alberta's landscape may arise but has not as yet."

THE CANADIAN PRESS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Bullo Wireless: 1414 Walkley Rd
IGO Cyber House Inc: 223 Bank St
Joe Mobile Tech: 780 Baseline Rd, Unit 22
RB Computing: 235 Stafford Rd West #101

Riots rage a second day in London

Looting, arson, violence in wake of fatal police shooting Saturday
North London area smoulders

Police deployed extra officers on London's streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows, and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to host the 2012 Olympic Games. **THE ASSOCIATED PRESS**

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters, fires raged out of control and looters combed the area.
- Police said 26 officers were injured, and they made 55 arrests.

▶ A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.

Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain — harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped-up the crackdown on the eve of Ramadan. **THE ASSOCIATED PRESS**

News in brief

Underfed baby will live: Doctors

DADAAB, KENYA. Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled liked thin leather under the pressure of his mother's hands. Now doctors say the severely malnourished seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine.

It's a rare success story amid unimaginable misery for parents at the world's largest refugee camp. **THE ASSOCIATED PRESS**

Bomb hoax at Colosseum

ROME. A suspicious device that forced the evacuation of the Colosseum yesterday turned out to be a false alarm, Rome's mayor said.

The site was evacuated about an hour before it was scheduled to close after tourists saw a suspicious device inside. A bomb squad detonated the device, the news agency ANSA said. **THE ASSOCIATED PRESS**

Man killed seven: Police

COPLEY TOWNSHIP, OHIO. A man gunned down two people outside a home and two more in a car yesterday morning, then shot his girlfriend in a rampage that left eight dead including the gunman, who was shot by police, authorities and witnesses said.

Two others were wounded, police said. A child was among those shot, witnesses said, though police wouldn't confirm that. **THE ASSOCIATED PRESS**

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Harper hits the road to talk trade

- Stops in Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal in effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries in the region.

"Harper had long been favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says, referring to a conversation with a senior Foreign Affairs official.

"PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

THE CANADIAN PRESS

Big business

- **Some 400 Canadian** companies operate in Brazil, which is Canada's 10th-largest trading partner. Exports of Canadian merchandise totalled $2.6 billion in 2010 — up 60 per cent from the year before — and imports were $3.3 billion.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 217.96 (12,162.17)	+ 0.15¢ (102.24¢ US)
Oil	**Natural gas 1,000 cu ft**
+ 25¢ US ($86.88 US)	$3.956 (+ 1.5¢)
	Gold contract
	$1,651.80 (- $7.20)

ADRIAN WYLD/THE CANADIAN PRESS

▶ The biz from Brazil: Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.

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News in brief

Democrat slams 'tea party downgrade'

U.S. CREDIT RATING. A senior political adviser to President Barack Obama blamed the downgrade of the U.S. credit rating on tea party Republicans, whom he said were unwilling to compromise on how to reduce the federal debt.

David Axelrod said yesterday that the decision by credit-rating agency Standard & Poor's to downgrade the U.S. from AAA to AA+ was strongly influenced by weeks of standoff between Democrats and Republicans.

Axelrod called the action "a tea party downgrade" brought on by lawmakers who were willing to see the country default to get their way.

He also criticized Republican presidential candidates for not speaking up in favour of compromise.

THE ASSOCIATED PRESS

U.S. bills could create jobs

GROWTH AGENDA. The U.S. Congress is set to approve three big free-trade agreements and the most significant overhaul of the patent system in 60 years when lawmakers return to work after Labour Day.

The main intent of the patent bill is to ease a backlog of 1.2 million pending patents, while the trade deals with South Korea, Colombia and Panama could lead to the creation of at least 70,000 new jobs. Both the trade and patent measures have bipartisan support.

THE ASSOCIATED PRESS

Verizon workers walk out

TALKS BREAK DOWN. Some 45,000 Verizon Communications Inc. workers across the United States went on strike yesterday after talks fizzled over a new labour contract for more than one-fifth of the company's workforce. Verizon is the largest wireless carrier in the U.S. THE ASSOCIATED PRESS

Bond plan to aid Italy, Spain

The European Central Bank says it will "actively implement" a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the countries' budgets.

That could help Rome and Madrid fend off market trouble until a eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek bailout loans.

Responding to market pressure, Italian Prime Minister Silvio Berlusconi promised Friday to balance the country's budget by 2013, a year early.

THE ASSOCIATED PRESS

120

Italy has debt equivalent to 120 per cent of economic output, the second-highest in the eurozone behind Greece.

IN SEARCH OF A LIGHT AND A SAFE PLACE

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

John O'Mara wasn't at his best last week.

He'd hardly slept since witnessing the death of his friend Henry (Hugo) Belmore, a fellow resident at the Ottawa Mission, who was stabbed on Rideau Street July 31.

Still, O'Mara was articulate, funny, angry and insightful on what he'd seen of his friends' attackers (not much), the violent and frightening side of homelessness and his plans to escape it.

He had so much to say that his neglected cigarette kept going out as he talked, at which point he'd break off to ask nearby taxi drivers and bystanders for a light, always managing to get re-lit after one request or two.

> **"I was wondering how much press the death of somebody from the Mission gets anyway. And it's good to see that people give a s---, and I want to talk to anybody that wants to talk to me."**
> JOHN O'MARA

Sometimes, he said, he can run a gauntlet of 20-odd rejections on the street before someone will do him this small favour.

One can start to feel invisible.

In contrast, I was the second reporter he'd spoken to just that morning about Belmore's murder.

"I'm a popular guy lately because of this thing," he said, and while reliving the trauma of his friend's death was hard, he thought that telling the story was an important duty.

"I was wondering how much press the death of somebody from the Mission gets anyway," he said, "And it's good to see that people give a s---, and I want to talk to anybody that wants to talk to me."

O'Mara, 35, is a street artist, drawing "rock stars, hot chicks and superheroes" on the sidewalks in chalk.

He pays for a city permit, but wryly notes the panhandlers make more money than he does.

His enthusiasm for pop culture bubbles up in constant movie references and a pretty sharp impression of Heath Ledger's Joker.

He got here from St. John's a bit before Canada Day, and while he's got good things to say about Mission staff and the help they offer, he hopes his stay will be short.

His plan is to get a bachelor apartment, a regular routine and a handle on the substance abuse that he says goes hand in hand with homelessness.

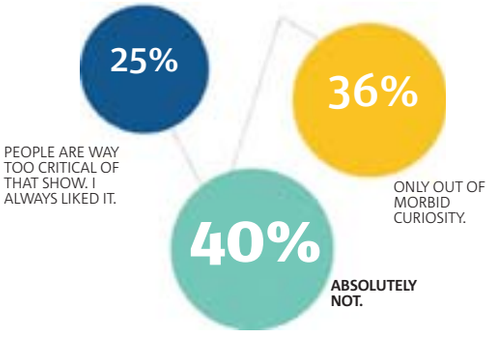
"I can't wait to have some structure and be able to just pack a lunch in a bag and tote down to where I'm working from a nice home and just do my thing," he said.

"And if I do well, cool, and if I don't, cool. I can just go home and sleep and tomorrow's another day in a safe environment."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be watching the Ashton Kutcher-led Two & A Half Men?



Local tweets

@LC_carlson: How did it take me a year to discover Farm Boy? #Ottawa

@hardtoturnoff: People who say #ottawa is boring are boring.

@KimAnderson101: Let it pour, finally some #rain here in #Ottawa, grass is like straw!

@paulvierira: Dear Ottawa drinkers of Tim Horton's: Avoid outlet on Walkley @ Conroy @ all costs. Abysmal & ultraslow service #epicfail

@gregwburke: Leaving a finally sunny Halifax to come back to a week of storms in Ottawa. Not complaining though, I love storms.

@briangoff: There are a lot of pretty girls here in Ottawa. Shame I was born with the good looks of a bag of burnt shoes

@marguephout: @eddiemeehan This is soooo sad!!!! I had so much fun in Ottawa and Montreal... Im in nkotbsb-depression now... :(

Worth Mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal Cell.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is ingested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

TORSTAR NEWS SERVICE

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2 scene

Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, Rise of the Planet of the Apes took in $54 million to open as the No. 1 movie.
THE ASSOCIATED PRESS

Scan this code to find out if The Twilight Saga once again clawed the competition at last night's Teen Choice Awards.

HANDOUT

▶ Bryce Dallas Howard, seated centre, stars in The Help.

Howard needs no help

Despite her famous roots, Bryce Dallas Howard remains down to earth
Actress plays wealthy Mississippi socialite Hilly Holbrook in The Help

RICHARD CROUSE
SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the star of The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like Spider-Man 3, The Twilight Saga: Eclipse and Terminator Salvation.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's because a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler.

When I ask if fame is important to her personally she is quick to answer.

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Howard on Holbrook

▶ "She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."

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DARREN CALABRESE/THE CANADIAN PRESS

▶ Alexisonfire is splitting up after two members decided to leave the group.

Ten years gone

After a decade together, Juno-winning rockers Alexisonfire break up, say split is 'not really' amicable

Juno Award-winning post-hardcore rockers Alexisonfire are splitting up after two members decided to leave the group in a break-up that frontman George Pettit says is "not really" amicable.

The St. Catharines, Ont., band announced their decision in a lengthy note posted to their website, written by Pettit.

"After 10 years, Alexisonfire has decided to part ways," he wrote. "Was the break-up amicable? Not really. Was it necessary? Probably.

"Regardless, the members of this band are my family and I wish them nothing but good fortune."

The band issued its self-titled debut album in 2002, and followed up with 2004's platinum-selling breakthrough Watch Out, a moody fusion of emo, metal and hardcore that won the group a passionate mass audience who identified with their searching, angst-ridden lyrics.

The group's third album — 2006's Crisis — opened in the top spot on the Canadian charts en route to platinum sales, while '09's Old Crows/Young Cardinals — which could now stand as their final full-length — opened at No. 2 and also sold briskly.

But as the band was gathering commercial and critical steam, singer/guitarist Dallas Green was winning just as much acclaim with his solo project, City and Colour.

Beginning with 2005's platinum-selling Some-times, Green's project — which earned the tattooed crooner two Junos separate from his work in Alexisonfire — also picked up momentum with each passing album.

His third album, Little Hell, debuted at No. 1 on the Canadian charts when it was released in June and has reached as high as the 28th spot on the U.S. Billboard chart.

And Pettit said that Green privately revealed his intention to leave Alexisonfire almost a year ago due to the burgeoning success of City and Colour.

"Trying to balance his life between touring with us and at the same time quelling the success of City and Colour was a task too difficult to continue managing," Pettit wrote.

"He informed us he wanted to focus his efforts on City and Colour."

At that point, Pettit said, the band planned to soldier ahead by finding a replacement for Green. But then guitarist Wade MacNeil accepted an offer more recently to also depart Alexisonfire for another band, and at that point, the group decided to dissolve completely.

"Replacing one guitar player/singer/writer was something we thought was possible, but replacing two would run the serious risk of perverting the legacy of what we had achieved," Pettit said.

"So we all took a good hard swallow and decided to end it so it would never get old and ugly."

THE CANADIAN PRESS

Farewell tour?

- Alexisonfire frontman George Pettit said that the future for him and drummer Jordan Hastings was "largely unwritten," but advised fans to listen out for upcoming projects.
- He added that the band has talked about releasing projects relating to their 10th anniversary, and that a farewell tour through Canada had also been discussed.

Hot ex-wrestler pins down George Clooney

From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely Pair plans to keep relationship private, says source

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds.

METRO

ALL PHOTOS GETTY IMAGES

▶ Stacy Keibler

▶ George Clooney

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. METRO

The comeback trail ain't easy

MOVING ON AFTER HOUSE ARREST. Lindsay Lohan's plans for a big comeback with a role in the upcoming John Gotti biography aren't coming together as cleanly as previously thought, according to TMZ. "The producers of the film and Lindsay's representation have not yet worked out an agreement for her to appear in the movie," a source close to the producers says. Of course, deals haven't been inked for any of the stars involved, including Al Pacino and Kelly Preston. METRO

Lindsay Lohan

Celebrity tweets

@chriscolfer
"Just realized I may have more framed pictures of pets than socially acceptable..."

@SethMacFarlane
"Somehow a double-A credit rating seems more American anyway."

@EvaLongoria
"Today was the first time i parked in my reserved parking spot on Universal lot in 8 years!"

@katyperry
"u know it's gonna b a good show when someone brings u rainbow colored rice krispie treats."

▶ Denise Richards

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." METRO

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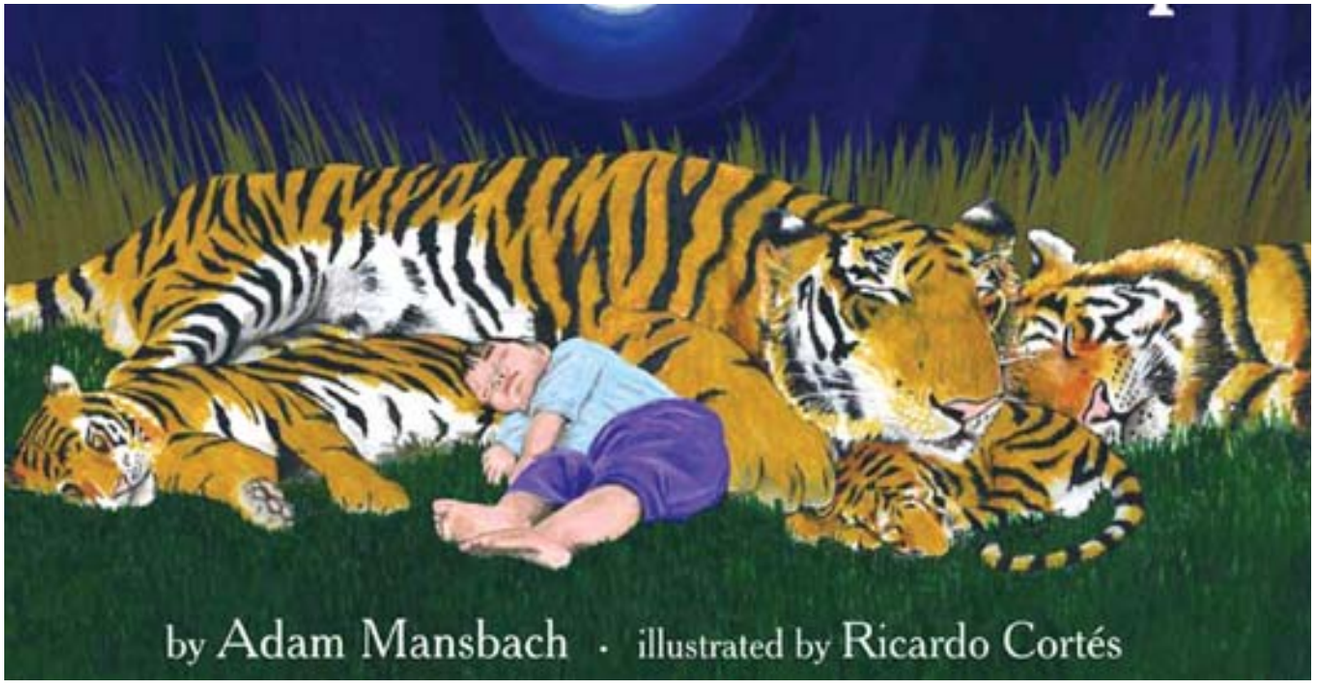
Amy's legacy goes beyond her music

Amy Winehouse's family is reportedly planning to turn her $4 million north London home into a rehab centre and the offices of the Amy Winehouse Foundation, according to the Sun.

"They don't want to rent it out and if they sold it they think it could attract the wrong kind of buyer as it was where Amy passed away," a source says.

"Everyone is united in making it a success — the label, her family, friends and management. (Her father) Mitch (Winehouse) has big plans and needs a nice environment where employees will be able to carry out their work properly." METRO

▶ Amy Winehouse



An honestly funny book

After it went viral online, the children's book Go the F— to Sleep became a bestseller — before it was even released Metro sat down with the author to talk about the sensation

DOROTHY ROBINSON
METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his — and most every other parents' — head and decided to set it to a poem.

He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book Go the F— to Sleep, is now the publishing success of the year.

Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published.

With 400,000 copies of the book in print, Mansbach is just as surprised as you are. Not to mention very, very sleepy.

Can you give our readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out.

It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow.

The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon. The next morning, I thought to check it and before that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're actually published, that's respectable.

So from that Amazon ranking, it just picked up.

Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord.

Then PDFs we had sent out to book-sellers leaked and they started ricocheting all over the Internet. I've talked to a bunch of people who told me they got the forward of the PDF 50 times. It was just all over in a crazy way.

People thought it was all part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders. But we just couldn't stop it. It was proliferating so fast.

Do you think anyone will actually read it to their baby?

I certainly hope not. I think getting the book and doing that are not mutually exclusive. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift. People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

What will your second book be called? Shut Up You Little A—hole?

(Laughs) No. I don't see myself doing that one.

Well, are you doing a second book?

It's certainly tempting. But I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, Why don't you do Eat Your Fu—ing Vegetables. And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book.

Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.

Our favorite line

...from the book

"The cats nestle close to their kittens now.
The lambs have laid down with the sheep.
You're cozy and warm in your bed, my dear
Please go the f— to sleep."

3 life

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Cyberspace monitoring done right

Secretly spying on your kids' online activities is a waste of time, according to one psychologist's research

Parents who try to secretly monitor their kids' online activities are wasting their time and should use an approach that builds trust and allows for conversation, says a psychologist who has studied texting, social networking and other online pursuits.

The impact of social networking — the good and the bad — was the subject of a presentation Saturday by Larry Rosen, a psychology professor at California State University, Dominguez Hills, at a convention of the American Psychological Association in Washington.

In an interview beforehand, Rosen explained how parents can open up the lines of communication so they'll have a better idea of what their kids are up to in cyberspace.

The positive

As for the positive influences linked to social media, Rosen said they are a vehicle for kids and even older adults to "practise life."

"If you are a shy person you can practise being more outgoing. If you are lonely you can practise connecting with people. If you are somebody who needs support, you could practise by asking for support and it's all done in the safety behind a screen."

Using a computer program to surreptitiously check on them won't work on children who have been raised with technology, he said.

"If you try to monitor what they do online electronically, say by putting on some sort of a filter or some sort of electronic device that's going to monitor every keystroke they make or anything, a) they will figure it out, and b) they will find a workaround in five minutes or less," he said. "I've had kids prove to me they can do that."

ISTOCK

▶ Larry Rosen, a psychologist who has studied texting, social networking and more says a weekly family meeting opens lines of communications in regards to online activities.

And if they can't work around it, youngsters will go to a friend's house or use somebody else's computer or a smartphone.

He calls for a weekly family meeting of 15 minutes maximum, in which everyone sits on the floor — so everyone is on the same level — and a parent asks non-judgemental questions, such as, "Have you found any interesting websites?" or "Played any good games?"

"And then you shut up and listen. Literally. And my rule of thumb is that for every minute a parent talks, you let the kids talk five minutes," he said.

"Your job then is to learn and to assess, and to now use your parent radar to see if there might be any problems."

Parents can go on to visit particular websites and ask specific questions at the next session. It's also a time when parents can raise the topic of cyberbullying, and ask if their children know of anyone faced with the problem.

"There are going to be problems online. They are going to get things said to them that hurt their feelings, they are going to see disturbing images. That's a reality. When they do, you want them to come to you, not go elsewhere."

THE CANADIAN PRESS

Not at the dinner table

Larry Rosen, a psychology professor at California State University, Dominguez Hills, recommends that technology be put away during family dinners: no phones, laptops, television or radio.

"However, we understand that all of us are hooked on technology, and so we're going to have our dinner for 15 minutes, and after 15 minutes, we're going to yell 'tech break,'" he said.

Everyone gets one or two minutes to check their phones or social networking site, but if they're late coming back, they lose the next "tech break," he said

"The kids at the dinner table are going to be more willing to talk because they know they don't have to keep worrying about who said what on Twitter, and who posted what on Facebook, and what text they missed," he said.

Some teachers have tried this approach too and find that students are more focused and engaged because they're not worrying about texts they might be missing, knowing they'll have the chance to check soon, he indicated. THE CANADIAN PRESS

THE CANADIAN PRESS H/O

▶ Larry Rosen.

Lemony summer pasta

This dish uses lemon juice & fresh herbs to take flavour to another level

THE CANADIAN PRESS/ TED GIBSON

▶ This recipes makes four main dishes or six side dishes.

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Preparation:

1. In a large skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.

2. Meanwhile, in a large pot of boiling salted water, cook pasta according to package directions or until desired doneness. Drain.

3. Add pasta to cream sauce in pan; toss to coat. Sprinkle with Parmesan and basil; toss to coat. Season with salt and pepper. Serve immediately.

THE CANADIAN PRESS/ CHEF PAUL ROGALSKI OF CALGARY'S ROUGE RESTAURANT FOR DAIRY FARMERS OF CANADA

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

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Rocco DiSpirito's healthy fried chicken

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This dish takes only 25 minutes to make.

The famed chef shares a recipe from his book Now Eat This! for Flash-Fried Chicken Carnitas with Lime, Avocado, and Red Onion Ceviche

Preparation:

1. In bowl, place sliced red onion. With fine grater, zest skin of 1 lime over onion. Slice zested lime as well as three additional limes in half, then squeeze juice over onion. Add pinch of salt, then mix. Submerge onion in juice; use squeezed limes as a weight to push down onions sticking out of juice. Cover onion with a tight-fitting lid and refrigerate. Marinate onion in juice for as long as possible, at least 15 minutes or 3 days.

2. Pour oil into large heavy pot. There should be at least 5 cm (2 inches) of oil in pot. Clip deep-frying thermometer to the side of pot according to the manufacturer's directions. Set heat to medium and heat oil to 200 C (400 F). Do not cover pot.

3. Cut each chicken thigh into 4 to 5 even chunks. Arrange chunks on a microwave-safe plate and season both sides with pepper and 3 ml (1/4 tbsp) of the Adobo powder. Microwave on high for 1 1/2 minutes. Turn each piece of chicken over, then microwave on high until chunks are just cooked through, about another 1 to 2 minutes, depending on microwave. Let cool.

4. In bowl, place egg whites and beat with fork until just foamy, about 1 minute. In a separate wide and shallow bowl, combine remaining Adobo powder, paprika, cornmeal and flour. Add chicken pieces to egg whites and toss to coat.

5. One at a time, lift chicken pieces from egg whites and transfer to flour mix, turning each to coat thoroughly. Let chicken sit in one layer over flour mixture. Wash and dry hands thoroughly prior to assembling salad.

6. Place iceberg chunks in a bowl and add cherry tomatoes. Drain lime juice from onions (reserving juice) and add onion, dash of salt and 30 ml (2 tbsp) of the reserved lime juice to lettuce and tomatoes. Toss to dress. Divide salad among 4 serving plates. Divide avocado pieces among salads.

7. Working in 4 batches, fry chicken pieces in oil until deep golden brown, about 12 seconds. Using metal tongs, remove chicken from oil and transfer to plate with paper towels to drain any excess oil.

8. Divide chicken among salads, then top each with 4 sprigs of cilantro. Slice remaining lime into 4 wedges and serve one with each salad.

THE ASSOCIATED PRESS

Ingredients:

- 1 small red onion, halved and thinly sliced
- 5 limes, divided
- Salt
- 2 l (8 cups) grapeseed oil
- 500 g (1 lb) boneless, skinless chicken thighs
- Ground black pepper
- 37 ml (2 1/4 tbsp) Goya Adobo seasoning, divided
- 2 egg whites
- 37 ml (2 1/2 tbsp) sweet Hungarian paprika
- 50 ml (1/4 cup) finely ground yellow cornmeal
- 175 ml (3/4 cup) whole-wheat flour
- 1 l (4 cups) chunked iceberg lettuce (5-cm/2-inch pieces)
- 16 cherry tomatoes, quartered
- 1/2 ripe Hass avocado, peeled and cut into 8 chunks
- 16 sprigs fresh cilantro

Setting a school precedent

As first-generation students, Muhammad Cheema and Zayan Rafeek are hoping to establish family traditions

DARREN CALABRESE/THE CANADIAN PRESS

▶ Muhammad Cheema, right, a first-year aerospace engineering student, and Zayan Rafeek, centre, a first-year business management student, take part in a pre-orientation workshop for first-year students at Ryerson University in Toronto.

Their future areas of study differ, but Muhammad Cheema and Zayan Rafeek share a common connection beyond friendship: each is a trailblazer within their families in the pursuit of higher learning.

Both bound for Toronto's Ryerson University in the fall, the pair will be among a distinct group of newcomers welcomed into the frosh fold, among the first in their families to make the leap to college or university.

Rafeek is enrolled in the business management program at Ryerson. The Canadian-born son of Sri Lankan immigrants, the 19-year-old said his father had to start working at an early age after Rafeek's grandfather passed away.

"(My parents) kept telling me ... life would be easier if they had continued their education," he recalled in a recent interview following First Year in 40 Minutes, a pre-orientation workshop at the university's downtown campus.

"Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it." MUHAMMAD CHEEMA, UNIVERSITY-BOUND STUDENT

"(My father) would keep telling me, `Keep studying, keep studying, no matter what you do keep studying,"' he added. "I think that really motivated me to study hard. And getting into Ryerson, that was the biggest motivation."

"There is a sense of pride their son has gotten into university," said Rafeek, adding that his parents want him to be a role model for his 11-year-old brother.

The only male among five children, including a set of twin girls, Cheema shoulders similar expectations of setting an example for siblings.

Cheema follows a lofty post-secondary precedent set by his sister, who is going into her third year of life sciences at the University of Toronto.

With aspirations as a child to go into the Air Force, the 18-year-old decided to pursue studies in a related field, and is heading into the aerospace engineering program.

Cheema recalled when his family departed their home country of Pakistan, his father, who worked as an administrator, had singled him out, telling his son he was leaving his work and life there behind for his benefit.

"With that on my shoulders, I'm entering into post-secondary, and it is a lot of pressure, but I guess I have to take it on," said Cheema. "I have to accept it, I have to be grateful for the opportunities it's given for me, it's provided for me."

Five years since arriving in Canada, he said it's been a "pretty smooth ride," learning English, hitting the books and mixing with others and forging friendships.

Despite his achievements to date, Cheema said education remains "basically every day's topic" on the home front, with the emphasis from his family on education leading to betterment.

"A person who has knowledge, a person who has not - the two can never compare," said Cheema. "Money comes and goes, you can get better jobs, worse jobs, good times, bad times, but the personality that develops through education, there's no replacement for it."

Part of Cheema and Rafeek's preview of campus life involved learning more about the university's Tri-Mentoring Program.

One aspect of the program involves matching first-year students with upper-year mentor students from the same faculty and program who share the same language and similar cultural and ethnic backgrounds.

"As you're meeting someone new for the first time, as many things as we can help with having in common we try to do, just so that students feel comfortable upon that first meeting," said program facilitator Akeisha Sookram.

"We know that we can match you culturally, linguistically. In terms of common interests, in terms of being involved with student activities, we try to do that, just so that there's an automatic bond," she added.

THE CANADIAN PRESS

Family values

- A study published in the Journal of International Migration and Integration in 2005 found that higher educational goals set by visible minority immigrant youth seem to be linked to educational values promoted in their families.
- The findings drew on data from the Youth in Transition Survey from Statistics Canada, and were used to explore the difference in goals for post-secondary education among 15-year-old students.

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They've got little to wine about

Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

HANDOUT

Curtis and Ken Fielding toast their success.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

The accountant was blunt when Ken Fielding told him he was opening up a winery. "Are you mental? Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business visionary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Fielding Estate Winery is turning a profit, their wines are winning numerous awards and even the skeptical accountant is impressed.

As Ken prepares to hand the reins of the business over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick with it. A lot of people quit too soon."

From Subway Sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than $100 million in wages and salaries
- The wine industry generates $533 million in retail sales (2010)
- More than 1 million people visit Ontario wineries every year
- 90 per cent of Ontario's grapes are grown in the Niagara Pennisula
- More than 15 million grape vines are planted in Ontario

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ISTOCKPHOTO/THINKSTOCK

▶ Being the middle of summer, shelves and bins at farmers' markets are filled with local fruits and vegetables that are fresh and full of flavour.

Nothing beats farm-fresh produce

YLVA VAN BUUREN
FOR METRO

There's nothing like the taste of fresh, local food and nobody knows it better than Lynn Ogryzlo, a food and wine writer and author of The Ontario Table (Epulum Books, $29.95).

Of course, weather always is a factor on the farm. "For example, tomatoes are pretty hardy but they're also sensitive to a lot of rain. Some farmers lost their tomatoes with all of the rain we had in the spring. But the tomatoes that survived, oh my gosh, they're absolutely phenomenal right now!"

Being the middle of summer, says Ogryzlo, the tomatoes are just starting along with sweet corn, peaches, eggplant and peppers.

"There's also cabbage and beets, which are coming on earlier and earlier with new varieties, but especially this year because of the heat. Everything is just hopping all of a sudden."

The shelves at the market at Barrie Hill Farms in Barrie, Ont., are filled with green and yellow beans, cantaloupes, tomatoes, new potatoes, pickling cucumbers, fresh dill and blueberries. "They're all in season right now," says owner Morris Gervais.

Further north in the province, you're seeing wild blueberries at roadside stands.

Why buy local? A lot of people believe it's a safer source of food, and there's nothing more transparent than local fruit and vegetable.

"I mean, you can meet the guy who grows the food," says Ogryzlo.

Other people say local tastes fresher and better; and it also benefits the environment to buy local.

Lifestyle is also a motivator. Increasingly, there are special farm lunches and meals in the country where you dine on local foods and meet the farmers who grew it.

While you want to enjoy all these fresh foods by eating them soon after you buy them, "more and more people are preserving in order to increase the amount of local food they eat, too," says Gervais, who runs a large pick-your-own blueberry operation.

To freeze blueberries, roll them out onto a cookie sheet, freeze and then pour into a freezer bag.

Store in the freezer until a snowy day in December … then enjoy the taste of summer.

For more information, check out the availability guide from Foodland Ontario at foodland.gov.on.ca/english/availability.html.

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Many factors contribute to 'fresh food' trend

More people becoming 'locavores'
Communities, farmers prosper

PETER DOYLE
FOR METRO

The popularity of the buy local trend continues to grow in Ontario. Although its precise origins are rather murky, the trend involves buying products — especially food products — that originate near the point of sale.

Many factors contribute to the trend's popularity: A desire to see local merchants and communities prosper, for instance. There is also an environmental rationale: Buying local reduces the amount of fossil fuels consumed — and greenhouse gases generated — to transport goods to market.

The benefits of buying local are most obvious with food products. The taste of fruits and vegetables, for example, tends to deteriorate over time — nothing beats farm-fresh produce, after all.

There's even a word to describe converts to movement: Locavores.

Locavores, along with regular folk who prefer fresh produce, are responsible for the remarkable popularity of local farmers' markets across Ontario. According to the independent association Farmers' Markets Ontario, the province's 160 farmers' markets generate nearly $700 million in sales annually. Most operate from May through the end of October and approximately 10 new markets open each year.

Many buy local advocates link farmers' markets with multiple health and social benefits. The markets enable consumers to meet farmers and learn about how foods are produced, for example, and about organics, pesticides and herbicides. The markets also promote a sense of community — neighbours buying from neighbours.

The buy-local phenomenon is clearly linked to another trend: Taking control of the family diet by learning about the foods we eat. Two recent books are part of this trend: Barbara Kingsolver's Animal, Vegetable, Miracle; and the 2007 best-seller 100 Mile Diet: A Year of Local Eating (written by two Vancouverites).

It's important to note the trend extends well beyond Ontario's major cities. A group of grocery stores near Kitchener chose to leave the Sobeys chain rather than abide by strict rules about where they could buy some of their foods. The Hometown Grocers' Co-op now includes stores in Arthur, Durham, Elora, Palmerston and Harriston.

JUPITERIMAGES/PHOTOS.COM/THINKSTOCK

▶ According to the independent association Farmers' Markets Ontario, the province's 160 farmers' markets generate nearly $700 million in sales annually.

Where to shop

Given the role they have played in the history of cities across Ontario, it comes as no surprise that many farmers' markets are the centre of thriving neighbourhoods.

Byward (Ottawa), Kensington (Toronto) and Covent (London) are all municipal landmarks.

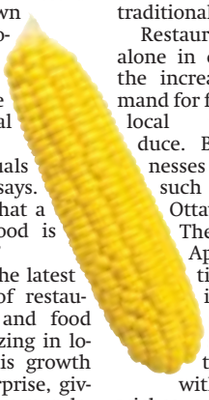
In recent years, smaller markets have sprung up in response to increased demand for local produce, including these:

- Lansdowne Park (Bank and the Rideau Canal, Sunday mornings)
- Organic market (Bank and Heron, Saturday mornings)

PETER DOYLE

Restaurants stay close to home with menu choices

Andreas Antoniou is passionate about fresh, local produce. His new restaurant in downtown Toronto, Estiatorio Volos, specializes in Greek cuisine made from fresh, local ingredients.



"Fresh equals flavourful," he says. "I also believe that a diet of fresh food is much healthier."

Volos is just the latest in a long list of restaurants, caterers and food services specializing in local produce. This growth comes as no surprise, given increased consumer demand for locally produced food.

Antoniou is no stranger to the food business — he grew up at Mediterra Seafood, his father's restaurant, also in downtown Toronto. Volos, though, puts a modern, Canadian twist on traditional Greek cuisine.

"Many Greek dishes are made from fresh ingredients that aren't available in Canada," says Antoniou. "Using local, fresh produce, our chef creates new dishes that are inspired by traditional Greek cuisine."

Restaurants are not alone in catering to the increased demand for fresh, local produce. Businesses such as Ottawa's The Red Apron, a combination dinner service and prepared-food store, are also thriving. Along with take-out sandwiches and entrées, The Red Apron offers a subscription service that delivers home-cooked meals made from fresh, local ingredients. Subscribers include students, young families and seniors.

"Many people don't have the time to cook from scratch, but appreciate the advantages of a freshly prepared family meal," says Justine Craig, The Red Apron's retail manager.

The trend has also led to a number of collaborations among tourism agencies, food producers, restaurants and retailers. Led by the provincial government, Savour Ontario is a partnership of public and private groups keen to promote Ontario food products. Another partnership, Savour Ottawa (savourottawa.ca) has taken it a step further by requiring members to certify the amount of local food they produce, serve or sell.

For a list of restaurants and caterers specializing in local produce, visit savourontario.ca/

PETER DOYLE

Reading up on eco-friendly

Canadian firm making greener, better books Taking a look at how to ensure a future for readers

BEN KNIGHT
GREEN@METRONEWS.CA

ISTOCK PHOTOS

E-books and other digital platforms can pose environmental problems by using non-renewable resources.

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC), Scholastic has set some ambitious environmental standards. FSC paper is used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

"Printed books are a technology that will be with us for some time."

"The concrete, physical experience of a book remains important for young readers. Its tactile, visual and linear nature is perfectly suited to quiet sharing and learning, and the development of early literacy skills."

For more info, check out scholastic.ca.

Statistics

By the numbers

Purchases According to the most recently available census data, Ontarians spend an average of $50.16 a year on books (excluding school texts). That's a total of $610-million – more than double the total of any other province. By comparison, Prince Edward Island spends the least ($4.2-million).

BREAKING DOWN BIOPLASTIC PURCHASES

I recently bought a toothbrush made from bioplastic. Will it really break down in my backyard composter? ***Erin of Vancouver, BC***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

It's possible, but I can't speak from experience.

Check the packaging to see if your toothbrush meets standards ensuring that it's certified as biodegradable and compostable.

You should notice a black and white logo with a leaf and an arrow that says "compostable."

This means it meets the Biodegradable Products Institute, or BPI, standards for compostability (ASTM 6400 D99 and ASTM 6868).

Some may also mention "European Bioplastics standards (EN 13432)."

In 1999, BPI created a certification program that requires the product to decompose within 60 to 180 days.

But that's in a commercial compost facility. So if your city has such a thing, and Vancouver does, you're in luck.

As for backyard composting, bio-resins will take longer to breakdown.

Compost bin conditions vary so much, but it will need to be hot.

If you experiment with the backyard composting option, let me know how it goes.

Most bioplastics are starch-based — made from wheat, corn or potatoes. Now, there are some concerns about corn because half of the corn grown in the U.S. is genetically modified.

Check the toothbrush manufacturer's website, since many are trying to use GMO-free crops.

Thanks for reducing plastic pollution and keeping plastics out of our landfills.

David Suzuki Foundation

Getting a biodegradable toothbrush isn't as easy as it sounds.

Caddie. Smacked

▶ Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoice in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it "the best win of my life." THE ASSOCIATED PRESS

Junior judgment underway

Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

"You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate," Hay said. "For us, we have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October."

"At this tournament, we're going to take the players who are playing really well going into it."
HOCKEY CANADA HEAD SCOUT KEVIN PREDERGAST

After a run of five straight gold medals from 2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.
THE CANADIAN PRESS

Contreras makes history at Woodbine

Luis Contreras has the unofficial Canadian Triple Crown.

Contreras rallied Pender Harbour to a win by a nose in the $500,000 Breeders Stakes turf race yesterday afternoon at Woodbine Racetrack. It was a historic win for Contreras, who became the first jockey to win all three Canadian Triple Crown events with two horses. THE CANADIAN PRESS

Bochy decries 'racist' comment

Giants manager Bruce Bochy has criticized a nationally syndicated radio host for what he says is a "racist" comment about San Francisco reliever Ramon Ramirez.

Radio host Tony Bruno referred to Ramirez as an "illegal alien." He also called Bochy a "coward" in a Twitter post following Friday night's benches-clearing brawl between the Phillies and Giants. The mayhem came after Ramirez plunked Shane Victorino in the back in the sixth inning of the Phillies' 9-2 victory.

Bruno later deleted his tweet and apologized on his Facebook page.

Ramirez is from the Dominican Republic. He said yesterday he is in the U.S. legally and wouldn't be able to work in the major leagues otherwise.
THE ASSOCIATED PRESS

4 sports

Quoted

"Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity."
LANGLEY, B.C.'S BRETT LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE YESTERDAY.
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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	69	43	.616	—
New York	69	43	.616	—
Tampa Bay	59	54	.522	10½
Toronto	58	56	.509	12
Baltimore	44	67	.396	24½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	55	.505	3½
Chicago	55	58	.487	5½
Minnesota	51	63	.447	10
Kansas City	49	65	.430	12

WEST DIVISION

	W	L	Pct	GB
Texas	63	51	.553	—
Los Angeles	63	52	.548	½
Oakland	51	63	.447	12
Seattle	49	64	.434	13½

Yesterday's results
Toronto 7 Baltimore 2
Oakland 5 Tampa Bay 4 (10 ings)
Chicago White Sox 7 Minnesota 0
Kansas City 4 Detroit 3
L.A. Angels 2 Seattle 1
Cleveland at Texas
N.Y. Yankees at Boston

Saturday's results
Boston 10 N.Y. Yankees 4
Baltimore 6 Toronto 2
Chicago White Sox 6 Minnesota 1
Detroit 4 Kansas City 3
Oakland 8 Tampa Bay 0
Cleveland 7 Texas 5
Seattle 5 L.A. Angels 1

Tonight's games
All Times Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellickson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.

Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	56	57	.496	17½
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	64	.443	12

Yesterday's results
Atlanta 6 N.Y. Mets 5
St. Louis 8 Florida 4
San Diego 7 Pittsburgh 3
Milwaukee 7 Houston 3
Cincinnati 8 Chicago Cubs 7
Washington 3 Colorado 2
San Francisco 3 Philadelphia 1
Arizona 4 L.A. Dodgers 3

Saturday's results
Chicago Cubs 11 Cincinnati 4
Philadelphia 2 San Francisco 1
Milwaukee 7 Houston 5
San Diego 13 Pittsburgh 2
N.Y. Mets 11 Atlanta 7
St. Louis 2 Florida 1
L.A. Dodgers 5 Arizona 3
Colorado 15 Washington 7

Tonight's games
All Times Eastern
Atlanta (D.Lowe 6-10) at Florida (Hand 1-3), 7:10 p.m.
Colorado (Hammel 6-11) at Cincinnati (H.Bailey 6-5), 7:10 p.m.
San Diego (Stauffer 7-8) at N.Y. Mets (Pelfrey 6-9), 7:10 p.m.
Washington (Wang 0-2) at Chicago Cubs (Garza 5-8), 8:05 p.m.
Houston (W.Rodriguez 7-8) at Arizona (D.Hudson 11-7), 9:40 p.m.
Philadelphia (Halladay 14-4) at L.A. Dodgers (Kuroda 7-13), 10:10 p.m.
Pittsburgh (Morton 8-6) at San Francisco (Vogelsong 9-1), 10:15 p.m.

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEscor ss	5	0	1	0	Markks rf	3	0	1	0
Bautist rf	5	0	1	2	AdJons cf	4	0	0	0
Lind dh	5	0	0	0	Guerrr dh	4	0	0	0
Encrnc 1b	4	2	3	0	MrRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arencii c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Clzturs 2b	1	0	0	0
					BDavis 2b	2	0	1	0
Totals	40	7	13	7	Totals	30	2	5	2

Toronto	002	301	010 — 7
Baltimore	000	010	100 — 2

E—J.Bell (1). DP—Toronto 2. LOB—Toronto 6, Baltimore 2. 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3). HR—Lawrie (1), Mar.Reynolds 2 (26). SB—R.Davis (34). CS—Jo.McDonald (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore						
Simon L,3-5	5 2-3	10	6	4	0	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0

HBP—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25. A—13,824 (45,438).

SATURDAY

ORIOLES 6, BLUE JAYS 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEscor ss	3	0	0	0	Andino ss	3	2	0	1
EThms lf	4	0	0	0	Markks rf	4	0	0	0
Bautist rf	3	0	0	1	AdJons cf	4	1	2	4
Lind 1b	4	0	1	0	Guerrr dh	3	0	0	0
Encrnc dh	3	0	1	0	Wieters c	3	0	0	0
Rasms cf	3	1	1	1	MrRynl 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Reimld lf	3	1	1	0
JMolin c	2	1	0	0	J.Bell 3b	2	1	0	0
Lawrie 3b	3	0	1	0	BDavis 2b	3	1	1	0
Totals	28	2	4	2	Totals	28	6	4	5

Toronto	010	001	000 — 2
Baltimore	000	004	02x — 6

E—Rasmus (1), Y.Escobar (10). DP—Baltimore 2. LOB—Toronto 2, Baltimore 0. HR—Rasmus (1), Ad.Jones (20). SF—Bautista.

Toronto	IP	H	R	ER	BB	SO
Morrow L,8-6	7 2-3	4	6	3	1	6
Camp	1-3	0	0	0	0	0
Baltimore						
Tillman W,3-4	7	4	2	2	1	5
Ji.Johnson H,15	1	0	0	0	0	2
Gregg	1	0	0	0	0	0

HBP—by Morrow (Andino), by Tillman (Y.Escobar).
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Lance Barrett; Third, Brian Knight.
T—2:09. A—19,396 (45,438).

GOLF

WGC BRIDGESTONE INVITATIONAL
At Akron, Ohio
Par 70
Final Round

Adam Scott, $1,400,000	62-70-66-65—263
Rickie Fowler, $665,000	68-64-69-66—267
Luke Donald, $665,000	68-69-64-66—267
Jason Day, $332,500	63-70-66-69—268
Ryo Ishikawa, $332,500	67-68-64-69—268
Kyung-tae Kim, $215,000	66-72-66-66—270
Zach Johnson, $215,000	70-68-64-68—270
Rory McIlroy, $215,000	68-68-67-67—270
Lee Westwood, $152,500	67-71-68-65—271
David Toms, $152,500	68-68-68-67—271
Aaron Baddeley, $117,333	68-70-69-65—272
Fredrik Jacobson, $117,333	68-66-67-71—272
Martin Laird, $117,333	66-67-67-72—272

NATIONWIDE COX CLASSIC
At Omaha, Neb.
Par 71
Final Round

J.J. Killeen	66-64-63-69—262
Jonas Blixt	69-67-63-64—263
Ken Duke	66-63-68-66—263
Gary Christian	72-62-64-65—263
Danny Lee	64-67-66-66—263
Matt Davidson	67-65-68-64—264
Matt Weibring	63-70-66-66—265
Russell Knox	64-65-68-68—265
Marco Dawson	65-68-68-65—266
Adam Bland	64-67-69-66—266
Troy Kelly	65-71-62-68—266
Also	
Bryan DeCorso	**72-64-64-69—269**
Richard T. Lee	**70-65-71-67—273**

CHAMPIONS 3M CHAMPIONSHIP
At Blaine, Minn.
Par 72
Final Round

Jay Haas, $262,500	64-69-68—201
Kenny Perry, $128,333	66-70-66—202
Tom Lehman, $128,333	65-69-68—202
Peter Senior, $128,333	65-67-70—202
Hal Sutton, $84,000	67-69-67—203
Tom Watson, $66,500	69-70-65—204
Mark O'Meara, $66,500	68-68-68—204
Olin Browne, $40,056	71-71-63—205
Joey Sindelar, $40,056	66-74-65—205
Hale Irwin, $40,056	67-72-66—205
Also	
Jim Rutledge, $11,834	**72-70-67—209**
Rod Spittle, $11,834	**65-72-72—209**

CFL

WEEK SIX

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23

SATURDAY

TICATS 20 AT STAMPEDERS 32
At Calgary
First Quarter
Cal — TD Taylor 25 pass from Burris (Paredes convert) 4:09
Ham — FG Medlock 52 7:34
Cal — FG Paredes 35 10:49
Ham — TD Stala 7 pass from Glenn (Medlock convert) 12:56
Second Quarter
Ham — TD Cobourne 6 run (Medlock convert) 9:01
Cal — FG Paredes 21 13:00
Ham — FG Medlock 42 15:00
Third Quarter
Cal — TD Reynolds 1 run (Paredes convert) 5:32
Cal — Single Dales 74 8:29
Cal — FG Paredes 35 12:28
Fourth Quarter
Cal — Single Paredes 54 2:17
Cal — TD Cornish 3 run (Paredes convert) 13:59

Hamilton	**10**	**10**	**0**	**0**	**20**
Calgary	**10**	**3**	**11**	**8**	**32**

Attendance — 29,307.
TEAM STATISTICS

	Ham	Cal
First downs	21	25
Yards rushing	71	88
Yards passing	211	341
Total offence	282	429
Team losses	0	2
Net offence	282	427
Passes made-tried	20-34	27-39
Return yards	74	147
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	0	0
Punts-average	8-42.8	5-54.4
Penalties-yards	7-81	6-92
Time of possession	26:32	33:28

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.
INDIVIDUAL STATISTICS
Rushing: Ham — Cobourne 15-67, Glenn 1-2, Porter 1-2; Cal — Reynolds 10-41, Burris 2-22, Cornish 4-19, Tate 3-6.
Receiving: Ham — Kelly 5-92, C.Williams 6-48, Stala 3-31, Brown 1-13, Thigpen 2-8, Cobourne 1-8, Mackay 1-7, Grant 1-4; Cal — Lewis 7-87, Forzani 2-68, Reynolds 4-47, Cornish 2-44, Taylor 4-37, Arthur, 3-25, Bryant 3-13, Talley 1-12, Parker 1-8.
Passing: Ham — Glenn 20-34, 211 yards, 1 TD, 1 int; Cal — Burris 27-39-341-1-0.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.
Last night's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1

ENGLAND

PREMIER LEAGUE
COMMUNITY SHIELD
Yesterday's result
At Wembley Stadium
Manchester City 2 Manchester United 3

LEAGUE CHAMPIONSHIP
Yesterday's result
West Ham 0 Cardiff 1

FRANCE

LIGUE 1
Yesterday's results
Bordeaux 1 Saint-Etienne 2
Dijon 1 Rennes 5

GERMANY

BUNDESLIGA
Yesterday's results
Bayern Munich 0 Borussia Moenchengladbach 1
Mainz 2 Bayer Leverkusen 0

SCOTLAND

PREMIER LEAGUE
Yesterday's results
Aberdeen 0 Celtic 1
Motherwell 1 Hearts 0

UNDER-20 WORLD CUP

FIRST ROUND
GROUP C
Saturday's results
At Pereira, Colombia
Ecuador 3 Costa Rica 0
At Manizales, Colombia
Spain 5 Australia 1
GROUP D
Saturday's results
At Pereira, Colombia
Nigeria 2 Saudi Arabia 0
At Armenia, Colombia
Guatemala 1 Croatia 0

TENNIS

WTA MERCURY INSURANCE OPEN
At Carlsbad, Calif.
Singles — Championship
Agnieszka Radwanska (3), Poland, def. Vera Zvonareva (1), Russia, 6-3, 6-4.
Doubles — Championship
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-0, 6-2.

ATP LEGG MASON CLASSIC
At Washington
Singles — Championship
Radek Stepanek, Czech Republic, def. Gael Monfils (1), France, 6-4. 6-4.
Doubles — Championship
Michael Llodra, France, and Nenad Zimonjic (3), Serbia, def. Robert Lindstedt, Sweden, and Horia Tecau, Romania, 6-7 (3), 7-6 (6), 10-7 tiebreak.

ATP BET-AT-HOME CUP KITZBUEHEL
At Kitzbuehel, Austria
Singles — Championship
Robin Haase, Netherlands, def. Albert Montanes, Spain, 6-4, 4-6, 6-1.
Doubles — Championship
Daniele Bracciali, Italy, and Santiago Gonzalez (4), Mexico, def. Franco Ferreiro and Andre Sa, Brazil, 7-6 (1), 4-6, 11-9.

ODLUM BROWN VANOPEN
At Vancouver
MEN
Singles — Championship
James Ward (5), Britain, def. Robby Ginepri, U.S., 7-5, 6-4.
Doubles — Championship
Treat Conrad Huey, Philippines, and Travis Parrott (2), U.S., def. David Martin, U.S., and Jordan Kerr, Australia, 6-2, 1-6, 16-14.
WOMEN
Singles — Championship
Aleksandra Wozniak, Blainville, Que., def. Jamie Hampton, U.S., 6-3, 6-1.

CYCLING

TOUR DE POLOGNE
At Krakow, Poland
Seventh (Final) Stage
128 kilometres
1. Marcel Kittel, Germany, Skil-Shimano, two hours, 50 minutes, zero seconds; 2. Peter Sagan, Slovakia, Liquigas, same time; 3. Howard Leigh, Australia, HTC-Highroad, s.t.; 4. Heinrich Haussler, Australia, Garmin-Cervelo, s.t.; 5. Marco Marcato, Italy, Vacansoleil-DCM, s.t.; 6. Lucas Sebastian Haedo, Argentina, Saxo Bank SunGard, s.t.; 7. Nikolay Trussov, Russia, Katusha, s.t.; 8. Ian Stannard, Britain, Sky ProCycling, s.t.; 9. Jan Bakelants, Belgium, Omega Pharma-Lotto, s.t.; 10. Sergey Lagutin, Uzbekistan, Vacansoleil-DCM, s.t.
OVERALL STANDINGS
(final after seven stages)
1. Peter Sagan, Slovakia, 26 hours, 39 minutes, 58 seconds; 2. Marco Marcato, Italy, 26:40:06; 3. Daniel Martin, Ireland, 26:40:06; 4. Wout Poels, Netherlands, 26:40:23; 5. Peter Kennaugh, Britain, 26:40:25; 6. Rinaldo Nocentini, Italy, 26:40:28; 7. Bartosz Huzarski, Poland, 26:40:28; 8. Christophe Riblon, France, 26:40:28; 9. Stephen Cummings, Britain, 26:40:28; 10. Marek Rutkiewicz, Poland, 26:40:32.

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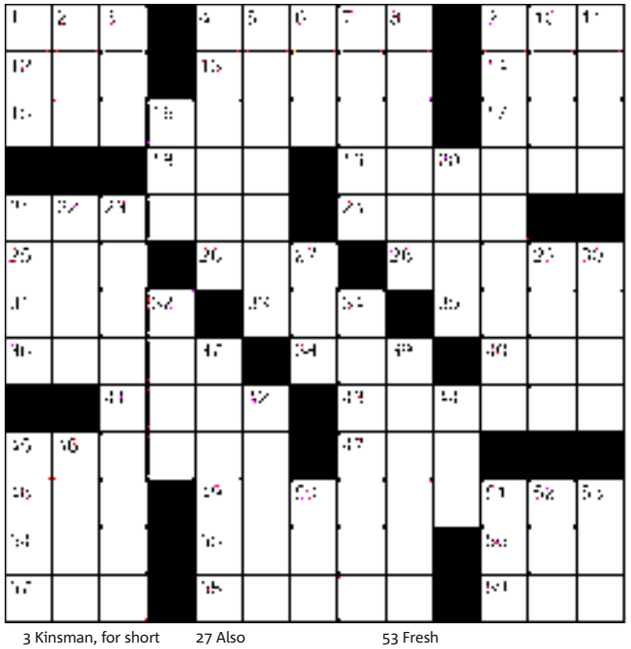
Crossword



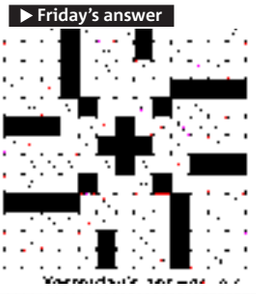
Across

1 Bar bill
4 Perspire
9 Use a crowbar
12 Knight's address
13 Actress Berry
14 Fish eggs
15 Alternative to a jail term
17 Eggs
18 Rhyming tribute
19 Vacuum brand
21 Salt companion
24 Opposed to
25 "— Town"
26 Congeal
28 Cord fiber
31 Cattle drive tool
33 Pooch
35 Location
36 Couches
38 Sphere
40 End for ball or bass
41 Western state
43 Basketball's Mr. Mourning
45 PBS "Street"
47 Extinct bird
48 Spoon-bender Geller
49 Raise accompaniment, often
54 Id counterpart
55 Bounded along
56 That girl
57 Boxing promoter King
58 Contest submission
59 Cut the grass

Down

1 Recipe meas.
2 Atmosphere
3 Kinsman, for short
4 Sunglasses
5 Irrigated
6 Inventor Whitney
7 Hawaiian greeting
8 Mortises' mates
9 Conditional stipulation
10 Wander
11 365 days
16 Jazz style
20 Elevator name
21 Bursts
22 Modern-day money
23 Lavish supply
27 Also
29 The gamut
30 Letterman rival
32 Information
34 "Frasier" star Kelsey
37 Taste
39 Sanguinary
42 Egret's cousin
44 Cheerios ingredient
45 Took to court
46 Therefore
50 Choose
51 Doctrine
52 Discoverer's call
53 Fresh

▶ Friday's answer



Sudoku

6			2	3	7			9
					8	3		
	8	3	5			2		
2	6		1		5	9		8
3								5
7		5	3		9		4	2
		6			1	5	2	
		9	7					
8			6	4	2			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Abiw, Te extrano mucho siempre. You are the love of my life and I cannot wait to see you in less than 5 days! You are amazing, and worth the wait. No matter how far and how long the distance, I love you forever. I can't wait to be your wife! xoxoxo, tu amor.
TANS

Mi linda BB! My sister and bestfriend, in less than a week we will be in the DR for your beautiful destination wedding. I wish you infinite happiness and blessings. I am proud of you in every way. TQM Pelotita!
BB

So how is Ottawa treating you these days? Miss you and hope to see you soon in Calgary. cheers..))
FROM ONE WHO HAS CRUSH ON YOU

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.

♊ Gemini May 22-June 21 Love and laughter are what you need most.

♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them around.

♌ Leo July 23-Aug.23 No one expects you to be perfect, so don't expect it of yourself.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.

♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.

♓ Pisces Feb. 19-March 20. If you let your heart rule your head today there is a danger you could lose out financially.

SALLY BROMPTON

Caption contest

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- km: 74238

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09 Dodge Journey
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- st: 11277-A
- km: 61979

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- AWD, Load, Roof, Lthr, A/C
- st: 32335
- km: 94962

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07 Jeep Patriot Ltd
- 4WD, Load, A/C, Auto
- st: 32472
- km: 86345

$10,970
$100** Bi-weekly

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- Load, A/C, Auto
- st: 32303
- km: 65154

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$117*** Bi-weekly

07 Mazda RX-8
- Load, A/C, Roof, Lthr, Auto
- st: 32234
- km: 55908

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- km: 92142

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$145*** Bi-weekly

07 Mazda3 GS
- A/C
- st: 32361
- km: 94570

$8,970
$82** Bi-weekly

08 Toyota Yaris
- Std
- st: 32499
- km: 51207

$9,650
$88** Bi-weekly

07 Chevrolet Cobalt
- Auto
- st: 32487
- km: 64138

$6,990
$64** Bi-weekly

08 Mini Cooper
- Convert, Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

$16,870
$154** Bi-weekly

07 Pontiac G6 GT
- Convert, Load, A/C, Auto
- st: 32611
- km: 74951

$14,950
$136** Bi-weekly

08 LandRover LR2 SE
- Load, A/C, Roof, Lthr, Auto
- st: 32460
- km: 87162

$21,650
$190*** Bi-weekly

07 Caliber SXT
- Load, A/C, Auto
- st: 31790
- km: 82291

$8,780
$80** Bi-weekly

07 Saturn Aura XE
- Load, A/C, Auto
- st: 31687
- km: 81620

$9,660
$88** Bi-weekly

10 Honda Insight
- Hybrid, Load, A/C, Auto
- st: 31958-A
- km: 53737

$18,800
$152*** Bi-weekly

09 Kia Rio
- Load, A/C, Auto
- st: 32437
- km: 63588

$9,820
$79*** Bi-weekly

07 Volkswagen Rabbit
- Load, A/C, Auto
- st: 32523
- km: 71325

$11,950
$109** Bi-weekly

08 Benz B200
- Load, A/C, Auto
- st: 32353
- km: 66500

$17,880
$163** Bi-weekly

07 Sebring
- Load, A/C
- st: 31515
- km: 86262

$9,680
$88** Bi-weekly

07 Accent GS
- Std
- st: 31708
- km: 94360

$6,550
$60** Bi-weekly

07 Civic DX-G
- Load, A/C, Auto
- st: 11136-A
- km: 93331

$11,350
$103** Bi-weekly

07 Nissan Versa S
- Load, A/C, Auto
- st: 32571
- km: 88201

$9,980
$91** Bi-weekly

07 Matrix
- Std
- st: 31443
- km: 91796

$7,950
$72** Bi-weekly

09 PT-Cruiser
- Load, A/C, Auto
- st: 32428
- km: 61199

$8,950
$72*** Bi-weekly

08 Ford Focus SE
- Load, A/C, Auto
- st: 31986
- km: 91981

$8,970
$82** Bi-weekly

07 Elantra GL
- Auto
- st: 31589
- km: 96648

$7,950
$72** Bi-weekly

07 Kia Spectra LX
- Load, A/C, Auto
- st: 11329-A
- km: 52231

$8,350
$76** Bi-weekly

07 Pontiac G5
- Std
- st: 32485
- km: 41476

$6,370
$58** Bi-weekly

10 Altima 2.5S
- Load, A/C, Auto
- st: 32443
- km: 75294

$14,950
$121*** Bi-weekly

08 Volvo C30
- Load, A/C, Auto
- st: 32561
- km: 77462

$16,970
$155** Bi-weekly

08 Lexus IS 250
- AWD, Load, A/C, Roof, Lthr, Auto
- st: 29824
- km: 75146

$28,840
$253** Bi-weekly

07 Equinox LT
- Load, A/C, Roof, Auto
- st: 32482
- km: 57348

$13,640
$124** Bi-weekly

07 Acura TSX
- Load, A/C, Roof, Lthr, Auto
- st: 32300
- km: 80527

$16,840
$153** Bi-weekly

07 Mazda CX-7 GS
- Load, A/C, Roof, Auto
- st: 31015
- km: 73600

$14,950
$136** Bi-weekly

08 Ford Escape XLT
- Load, A/C, Auto
- st: 32597
- km: 60987

$14,460
$132** Bi-weekly

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